

Appl. No. 10/043,657  
Amdt. dated October 15, 2004  
Reply to Office Action of June 15, 2004

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1 – 12 (Cancelled)

13. (Currently Amended) A hydration system comprising a flexible pouch including a plurality of layers all joined together to form at least two compartments, at least one of said compartments for being filled with a thermal capacitance medium comprising a gel.

14. (Cancelled)

15. (Previously Amended) The system of claim 13, wherein said pouch is formed by a first bag surrounded at least partially by a second bag.

16. (Original) The system of claim 13, wherein said pouch is formed by a first sleeve surrounded at least partially by a second sleeve.

17. (Original) The system of claim 13, wherein said medium consists of a cooling medium.

18. (Original) The system of claim 13, wherein said medium consists of a heating medium.

19. (Original) The system of claim 13, further comprising a conduit having an inlet and an outlet, said inlet being in fluid communication with a compartment for drinking fluid.

20. (Previously Amended) The system of claim 19, further comprising a valve at said conduit outlet.

21. (Original) The system of claim 20, further comprising a pack configured to receive said pouch and be wearable by a user.

22. (Previously Amended) A hydration system comprising:  
a flexible pouch including a plurality of layers, said plurality of layers being all joined together to form at least two compartments;  
a conduit having an inlet and an outlet; and  
a pack including a housing portion and straps,  
wherein at least one of said compartments is filled with a gel, and at least one of said compartments is for being filled with a drinking fluid,

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wherein said conduit inlet is in fluid communication with said compartment for drinking fluid, and said outlet is capped by a valve, said valve being a bite-valve articulable by the jaws of a user,  
wherein said drinking fluid compartment is in fluid communication with a sealable opening for filling said drinking fluid compartment, and  
wherein said flexible pouch is received within said housing portion of said pack.

23. (Cancelled)

24. (Cancelled)

25. (Cancelled)

26. (Cancelled)